

# Do-It-Yourself Seasoning Blends

NOTE: If using whole versions of spices, pulse in a coffee grinder (used only for spices) or food processor to get desired texture. These recipes make large batches of the seasoning blend. You will only use some of the blend when making a single meal. These can also make great gifts!

## Taco Seasoning

### 6 tablespoons = 1 packet

- ☐ 1/4 cup chili powder
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon onion powder
- ☐ 1 teaspoon crushed red pepper flakes
- ☐ 1 teaspoon dried oregano
- ☐ 2 teaspoons paprika
- ☐ 1/4 cup ground cumin
- ☐ 2 teaspoons salt
- ☐ 1 teaspoon ground black pepper

## Chili Seasoning

### 6 tablespoons = 1 packet

- ☐ 1/2 cup chili powder
- ☐ 1/4 cup garlic powder
- ☐ 3 tablespoons onion powder
- ☐ 1/4 cup oregano
- ☐ 2 tablespoons paprika
- ☐ 1/4 cup cumin
- ☐ 1 tablespoon thyme

## Fajita Seasoning

- ☐ 1/4 cup chili powder
- ☐ 1 tablespoon salt
- ☐ 2 tablespoons paprika
- ☐ 1 tablespoon onion powder
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon cayenne powder (Optional)
- ☐ 1 tablespoon cumin powder

## Adobo Seasoning

- ☐ 1 tablespoon paprika
- ☐ 2 teaspoons ground black pepper
- ☐ 2 teaspoons onion powder
- ☐ 1 tablespoon dried oregano
- ☐ 1 1/2 teaspoons ground cumin
- ☐ 2 teaspoon garlic powder
- ☐ 1 teaspoon chili powder
- ☐ 1/4 teaspoon cayenne pepper (Optional)
- 1 teaspoon salt

## All-Purpose Seasoning

- ☐ 1/4 cup onion powder
- ☐ 1/4 cup garlic powder
- ☐ 1/4 cup ground black pepper
- ☐ 2 tablespoons chili powder
- ☐ 3 tablespoons paprika
- ☐ 2 tablespoons dried parsley
- ☐ 1 tablespoon ground red pepper flakes

## Italian Seasoning

- ☐ 1/2 cup dried basil
- ☐ 1/2 cup dried marjoram
- ☐ 1/2 cup dried oregano
- ☐ 1/4 cup dried rosemary
- ☐ 1/4 cup dried thyme

### **Southwest Seasoning**

- ☐ 2 tablespoons chili powder
- ☐ 2 teaspoon ground cumin
- ☐ 2 tablespoons paprika
- ☐ 1 teaspoon black pepper
- ☐ 1 tablespoon ground coriander
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 teaspoon crushed red pepper
- ☐ 1/2 tablespoon salt
- ☐ 1 tablespoon dried oregano

### **Ranch Seasoning**

#### **3 tablespoons = 1 packet**

- 1/4 cup dried parsley
- 1 tablespoon dried dill
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1/2 teaspoon dried basil (Optional)
- 1/2 teaspoon ground black pepper

### **Cajun Seasoning**

- ☐ 1/2 cup paprika
- ☐ 1 tablespoon salt
- ☐ 1/4 cup garlic powder
- ☐ 2 tablespoons ground black pepper
- ☐ 2 tablespoons onion powder
- ☐ 1 tablespoon cayenne pepper
- ☐ 2 tablespoons dried oregano
- ☐ 1 tablespoon dried thyme

### **Allspice Alternative**

- ☐ 2 tablespoons nutmeg
- ☐ 2 tablespoons cinnamon
- ☐ 2 tablespoons clove

### **Asian 5-Spice Seasoning**

- ☐ 2 tablespoons anise powder
- ☐ 1 tablespoon ground pepper
- ☐ 1 tablespoon ground fennel
- ☐ 1 tablespoon cinnamon
- ☐ 1 tablespoon ground cloves
- ☐ 1/2 tablespoon salt

### **Pumpkin Pie Spice**

- ☐ 1/4 cup ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 2 teaspoons ground nutmeg
- ☐ 2 teaspoons ground allspice
- ☐ 1/2 teaspoon ground cloves

### **Fish and Seafood Blend**

- ☐ 1/4 cup ground black pepper
- ☐ 1 tablespoon salt
- ☐ 2 tablespoons garlic powder
- ☐ 1 tablespoon onion powder
- ☐ 1 tablespoon paprika
- ☐ 1 tablespoon ground (rubbed) sage
- ☐ 1 tablespoon sugar

### **Garam Masala**

- ☐ 2 teaspoons cinnamon
- ☐ 1 1/2 teaspoon ground cardamom
- ☐ 5 teaspoons ground cloves
- ☐ 1 tablespoon cumin seeds
- ☐ 1 tablespoon coriander seeds
- ☐ 1 tablespoon ground black pepper
- ☐ 1 teaspoon nutmeg
- ☐ 2 dried red chiles, ground

### **Sausage Seasoning**

**Add 1 1/3 tablespoons per pound ground meat.**

- ☐ 1/4 cup salt
- ☐ 1 cup + 2 tablespoons ground black pepper
- ☐ 4 tablespoons ground (rubbed) sage

### **No Salt Seasoning**

- ☐ 2 tablespoons onion powder
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon paprika
- ☐ 1 tablespoon dry mustard
- ☐ 1 teaspoon thyme
- ☐ 1 teaspoon pepper
- ☐ 1/2 teaspoon celery seed

### **Burger Seasoning**

- ☐ 1 tablespoon paprika
- ☐ 1 1/4 teaspoons salt
- ☐ 1 teaspoon ground black pepper
- ☐ 1/2 teaspoon brown sugar
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon onion powder
- ☐ 1/4 teaspoon ground cayenne pepper

### **Greek Blend**

- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon dried basil
- ☐ 1 tablespoon dried oregano
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons ground black pepper
- ☐ 2 teaspoons dried parsley
- ☐ 2 teaspoons dried rosemary

### **Lemon Pepper**

- ☐ Zest from 4-6 lemons, dried at room temperature for about 24 hours
- ☐ 6 tablespoons ground black pepper
- ☐ 1 tablespoon salt

### **Bay Seasoning**

- ☐ 1 tablespoon celery seed
- ☐ 1 teaspoon ground black pepper
- ☐ 2 bay leaves, crushed
- ☐ 1/2 teaspoon whole cardamom
- ☐ 1/2 tablespoon dry mustard
- ☐ 1/2 tablespoon thyme
- ☐ 1/4 teaspoon ground cloves
- ☐ 1/2 teaspoon ground ginger
- ☐ 2 teaspoons cayenne pepper
- ☐ 1 tablespoon paprika

### **Steak Seasoning**

- ☐ 2 tablespoons ground black pepper
- ☐ 1 tablespoon salt
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon onion powder
- ☐ 1/2 tablespoon crushed red pepper
- ☐ 1/2 teaspoon curry powder
- ☐ 4 tablespoons dry mustard powder

### **Curry Powder**

- ☐ 4 tablespoons coriander
- ☐ 2 tablespoons cumin
- ☐ 1 teaspoon ground cloves
- ☐ 1 teaspoon cinnamon
- ☐ 1 1/2 teaspoon ground cardamom
- ☐ 1/4 teaspoon ground black pepper
- ☐ 1 tablespoon chili powder (adjust to taste)
- ☐ 1 teaspoon turmeric powder

### **Cacao Nib Rub**

- ☐ 2 tablespoons cacao nibs
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons brown sugar
- ☐ 1 teaspoon garlic powder
- ☐ 2 teaspoons red pepper flakes
- ☐ 1 teaspoon ground cumin
- ☐ 1/2 teaspoon mustard powder
- ☐ 1/2 teaspoon ground pepper
- ☐ 1/2 teaspoon chili powder
- ☐ 1/2 teaspoon ground allspice
- ☐ 1/4 teaspoon ground ginger

### **Directions for all recipes:**

In a small bowl, mix spices together and store in an airtight container until ready to use.

